

# GET OUT AND WALK!

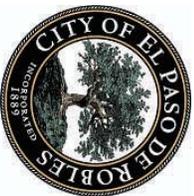
San Luis Obispo County has many great places you can take an easy walk or challenge yourself with a hard hike. This brochure can help you get started.

For more information and maps please check with any of the listed park and recreation agencies or check our website at [www.slostateparks.com/prescriptiontrails](http://www.slostateparks.com/prescriptiontrails).

We look forward to seeing you on the trails!



## SAN LUIS OBISPO COUNTY ASSOCIATION OF PARK AND RECREATION ADMINISTRATORS



(805) 237-3988



(805) 473-4580



Coastal (805) 927-2065  
South County (805) 773-7170



(805) 773-7063

# CALPOLY

Recreation, Parks & Tourism Administration  
(805) 756-1288



(805) 543-8235



(805) 461-5000



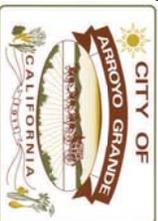
(805) 927-6223



CITY OF SAN LUIS OBISPO  
1341 Nilpomo Street • San Luis Obispo, CA 93401  
(805) 781-7300



Recreation & Parks  
CITY OF MORRO BAY  
(805) 772-6278 (805) 473-5474



(805) 781-5930



Your prescription for healthy walks you can do in your community

From the Office of:

# PRESCRIPTION TRAILS

SAN LUIS OBISPO COUNTY ASSOCIATION OF PARK AND RECREATION ADMINISTRATORS

For maps and more information, go to [www.slostateparks.com/prescriptiontrails](http://www.slostateparks.com/prescriptiontrails)

**GET READY...**



Discuss with your doctor your level of fitness to decide how long and strenuous of a hike you should choose.

As a general rule, it is best to start out slowly on flat terrain. A short loop trail is a great way to begin your exercise program. As you become more conditioned you can add distance and tackle hilly terrain.

**GET SET...**

- ☑ Wear supportive, comfortable shoes
- ☑ Bring a water bottle
- ☑ Dress in layers to accommodate our changing coastal conditions
- ☑ Wear sunscreen, sunglasses and a hat
- ☑ Bring high protein snacks and fruits and vegetables for longer hikes
- ☑ Wear insect repellent if you are hiking in a wet or wooded area or early in the morning or in the evening

**...GO!**

Get out, improve your health and have a great time doing it!

Check off trails you have tried and make notes on your trail guide as you try new trails. Most of all, have fun and enjoy the scenery. Before you know it you will be looking for more challenging trails to tackle.

